

HALIBUT BAKED WITH HERBS

Yield: Makes 6 servings

INGREDIENTS

6 Portions halibut steaks

-OR-

1 2 lb. fillet

3 tbs Butter or margarine; cut up

3 tbs Lemon juice

HERB MIX NUMBER 1

1 tsp Onion flakes - rehydrated and drained

1 tsp Dry mustard

1/2 tsp Oregano leaves

1/4 tsp Marjoram leaves

1 tsp Paprika

1 dash Pepper

HERB MIX NUMBER 2

1/2 c Rice chex; crushed finely

1/2 c Instant potato flakes

1/3 c Grated Parmesan cheese - (Freshly grated)

1 tsp Sweet basil

1/2 tsp Garlic powder

1/4 tsp Pepper

1 tbs Parsley flakes

1/4 tsp Paprika

PREPARATION

Wipe fish with a damp cloth, dot with butter, and sprinkle lemon juice over all. Use either of the spice mixes shown below.

Herb Mix No. 1: Prepare onions and sprinkle over the top of the fish. Combine the remaining herbs/spices and sprinkle on halibut. Let stand for 10 minutes to absorb the flavors. Bake at 350 F° for 20 minutes or until fish flakes easily with a fork. Serves 6.

Herb Mix No. 2: Mix all ingredients together well. Sprinkle over fish; use only enough to lightly cover fish or it will taste dry. (The remaining mix will store well in a tightly covered jar in the refrigerator.) Bake at 350-degree F° for 20-30 minutes or until fish flakes easily with a fork. Do not over bake or it will dry out. Serve garnished with lemon wedge and parsley sprigs.

